

Common Fears when Making Great Friends

1. Rejection: They will reject me and I can't handle being rejected again.

Why: _____

2. Hurt: They will say or do something that will hurt too much. I have too many past hurts that I can't handle another one.

Why: _____

3. Failure: This relationship will end in failure and it will be awkward when we run into each other.

Why: _____

4. Exposure: My weaknesses will be exposed as we get to know each other.

Why: _____

5. Giving: I feel like am always giving to others and get nothing in return. I feel like a wrung out sponge already. I have nothing to give.

Why: _____

6. Time: I don't have time to get done the things I want to get done now. Adding friendship will take what little precious time I have.

Why: _____

7. Inadequate: I am inadequate to be a great friend. This reality will be proven if I try to have a meaningful friendship.

Why: _____

8. Dependency: I attract people that become dependent upon me to provide for them. I need people that are my equal and will pour into me.

Why: _____

9. Effects on me & my kids: What will happen if I find out we have different value or view? I need people that think like me.

Why: _____
